

## 2003 Georgia Student Health Survey Report

In an effort to monitor and prioritize health-risk behavior that puts Georgia's youth at-risk for the leading causes of morbidity, mortality, and social problems, the Georgia Department of Human Resources, Division of Public Health, in collaboration with the Department of Education conducted the 2003 Georgia Student Health Survey (GSHS) among a random sample of public middle schools and high schools, statewide. A total of 2,195 middle school students and 2,066 high school students participated in the survey. Topics covered in the GSHS include unintentional injuries and violence; tobacco use; alcohol and other drug use; dietary behaviors; and physical activity. By monitoring these behaviors, Georgia can assess the overall progress of programs and policies to reduce the percentage of youth who are at-risk for developing what are, by and large, preventable health problems.

Among Georgia Middle School Students. . .

## 9% rarely or never wear a seatbelt while riding in a car 75% rarely or never wear a bicycle helmet while riding a bicycle 35% have ever carried a weapon such as a gun, knife, or club 20% have ever seriously thought about killing themselves 9% smoked cigarettes on one or more of the past 30 days 5% used chewing tobacco or snuff on one or more of the past 30 days 34% ever had a drink of alcohol (other than a few sips) 11% ever used marijuana 14% are overweight 68% ever exercised to lose weight or to keep from gaining weight 44% ever ate less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight 68% exercised or participated in physical activity for at least 20 minutes that made them sweat or breathe hard on 3 or more of the past 7 days 29% attend physical education class daily 52% watched 3 hours or more of TV per day on an average school day 76% have ever been taught about HIV or AIDS in school

| Among Georgia High School Students   |
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| 9% rarely or never wear a seatbelt while riding in a car 🙂   |
| 24% rode in a car in past 30 days driven by a driver who had been drinking 🙂   |
| 8% drove a car after drinking, in the past 30 days 🙂   |
| 7% carried a gun in the past 30 days   |
| 14% intentionally physically hurt by boyfriend/girlfriend in past 12 months  |
| 29% ever felt sad/hopeless every day for 2+ weeks and stopped usual activities   |
| 9% attempted suicide I + times in the past I2 months   |
| 21% smoked cigarettes on I+ days of the past 30 days 😊   |
| 8% used smokeless tobacco on I + days of the past 30 days  |
| 38% had at least one drink of alcohol on I + days of the past 30 days 🙂  |
| 20% had 5+ drinks of alcohol in a row on I+ days of the past 30 days   |
| 20% used marijuana I + days in the past 30 days 🙂  |
| 3% used cocaine I + days in the past 30 days   |
| 3% used inhalants I + days in the past 30 days 😊   |
| 33% were offered, sold, or given an illegal drug on school property in the past 12 months  |
| II% are overweight   |
| 57% exercised to lose weight or to keep from gaining weight in past 30 days  |
| 39% ate less food to lose weight or to keep from gaining weight in past 30 days  |
| 17% ate 5+ servings of fruits and vegetables per day in the past 7 days  |
| I 3% drank 3+ glasses of milk per day in the past 7 days   |
| 59% participated in physical activity for at least 20 minutes on 3+ days of the past 7 days  |
| 63% met physical activity recommendations*   |
| 13% had no vigorous or moderate physical activity in the past 7 days   |
| 29% attend physical education class daily  |
| 42% watched 3+ hours of TV per day on an average school day  |
| 94% have been taught about HIV or AIDS in school ©   |
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<sup>\*</sup> Current physical activity recommendations are 30 minutes 5 days a week (moderate physical activity) or 20 minutes 3 days a week (vigorous physical activity)

